

MILF extends ultimatum
for Puno retraction

ACROSS / A13

MVP, Lopezes face
suit over Meralco deal

BUSINESS / B1

2 explosions hit
QC, Mandaluyong

METRO / A17

Obama doctrine
in action at Asean

WORLD / A19

Abu Sayyaf
behead Jolo
head teacher

Speaker leads House
cheering squad in US

By Gil C. Calavitan Jr.
in Manila
and Francis T.J. Ochoa
in Hollywood

SPEAKER PROSPERO
Rodrigo intends not only
to watch the Hillary
Pacquiao-Miguel Corbo

SPEAKER: A1

PHILIPPINE DAILY INQUIRER

BALANCED NEWS, FEARLESS VIEWS

Tuesday, November 10, 2009

5 sections / Vol. 34 / No. 315

P18

ABU SAYYAF IDEALISTS DENIED
falsified Calasiao, severed head stuffed
in his own backpack outside a gasoline
station in Jolo town before dawn yesterday,
authorities said.

The body of Cantares, 26, a school
teacher who was seized on Oct. 19 on Jolo
Island, was found separately five
hours later near the main gate of the 2nd
Marine Brigade in Padiad town, two kilo-
meters away.

"The kidnappers had demanded a

ABU SAYYAF: A1

Where did P60.5B in road taxes go?

By Christine O. Arellano

THE KILLER FLOODS THAT HIT METRO
Manila were proof of the failure of the
road user's tax, which "cruked" on the
ground concerning its assumed intent of
improving the infrastructure of roads
and drainage in the country, Sen. Miriam
Defensor Santiago said yesterday.

"The typhoons destroyed so many
houses and properties that on TV they
showed victims of Arroyo's greed and
the end of the world," Santiago said.

She asked why the funds were
widespread and so deep in the treasury-

ties and in flood-prone areas despite sup-
posedly road maintenance and
drainage work from proceeds of the
road user's tax, which totaled P60.5 bil-
lion from 2003 to 2009.

"Where did the P60.5 billion in taxes
paid by people avoiding vehicles go?" she
screamed asked in Pilgrims.

Santiago sought support from fellow
senators to back her on her resolutions
asking the Commission on the Road
Charges against members of the Road
Board led by former Public Works Secre-
tary Hermenegildo Ebdane, now a presen-
tary.

WHERE DID P60.5B GO?

Yachts, expensive cars
and luxury condos...

By Christine O. Arellano

A FORMER EXECUTIVE OF THE ROAD
Board whose Sen. Miriam Defensor Santi-
ago wanted to be charged with plunder for
the alleged misuse of billions of pesos of
the road user's tax were yachts, expensive
cars and luxury condominiums.

But Santiago made it clear that her bid



"BOS" PUNO: Out of the
country
PHILIPPINE DAILY



DEFENSOR-SANTIAGO: FLOODS these
results of the crime of criminal corruption.

DOE: Oil supply falling

'Inventory down to 8
days ... but don't panic'

By Arny R. Reyes

THE COUNTRY'S INVENTORY OF FINISHED
petroleum products has dropped to less than two
weeks from the usual three as oil firms that do not
refine crude have halted importation of gasoline
and diesel due to government-imposed fuel price
caps in Luzon.

"Don't panic. Government
will not allow shortages. We
don't even have to talk about
shortages because we're
not in a problem situation yet,"
Energy Secretary Angelo A.
Reyes yesterday assured the
public.

Reyes said the country's in-
ventory of finished petroleum
products would run out after 13
days.

"You cannot force private cor-
porations to sell at a loss indefi-
nitely. It is better that people
know it's not good to con-
sume from the people," he
said.

In a dialogue with oil firms,
transport groups and the en-
ergy department, Reyes said the
average inventory for the year
was usually at least 21 days for
finished products—gasoline,
diesel and kerosene, superfuel
petroleum gas and bunker fuel.

Reyes was referring only to
his department's inventory of the
country's inventory of im-
ported finished petroleum
products, and did not take into
account the refiners' crude oil
inventory, which can later be
processed into finished prod-
ucts.



A SHELL GAS STATION is closed for renovation along Inaada Avenue in Calina, Rizal. Oil firms say Executive Order No. 391, which freezes oil
prices to Oct. 15 levels, is wreaking havoc on the petroleum industry. Oil companies warn of supply shortages if it is not lifted soon. PHILIPPINE DAILY

20TH ANNIVERSARY

Germany celebrates fall of Berlin Wall



ONE NATION AGAIN: This Nov. 11, 1989, photo shows East German border guards looking at
democracy through a hole in the Berlin Wall at the Brandenburg Gate. Yesterday marked the 20th
anniversary of the fall of the Berlin Wall.

BERLIN—WITH PHANTOMS,
music and pomp, Germany on
Monday remembered the
20th anniversary of the day
the Berlin Wall fell, sending
East Germans flooding west
and ending in modest events
that soon led to the country's
reunification.

Chancellor Angela
Merkel—reunited Germany's
first leader to grow up in the
communist east—started the
day with President Horst
Kocher and other lead-
ers at a prayer service in
a former East Berlin
church that was a rallying
point for opposition activists
in 1989.

"We remember the tears of
joy the tears of delight, the
liberation," Lutheran Bishop
Wolfgang Huber told the
congregation at the Grube
market Church.

East Germany's last
border remained on the
evening of Nov. 9, 1989, after
20 years looking in the coun-
try.

GERMANY: A1

Group asks SC anew to scrap poll contract

By Norman Bordeador
and Dona Z. Pazzibugan

THE CONSUMERS' CITIZENS'
Movement yesterday asked the
Supreme Court to nullify the
P7.2-billion contract to con-
struct the May elections follow-
ing two "supervening events"
after the official upheld the va-
lidity of the deal in September.

In a 29-page supplemental
motion filed by lawyer Harry
Raque, the movement said the

Transnational Information
Management (TIM) group re-
signed the terms of its contract
with the Commission on Elec-
tions (COMELEC).

The petition said that Transna-
tional-TIM had failed to come
up with telecommunication fac-
ilities and changed that the
contractors had subcontracted
the manufacture of its counting
machines.

While the group is supposed

GROUP: B1

Alvin Flores started young, stealing cars

By Arny dela Cruz
Correspondent at large

HE WAS A TEENAGER WHEN
he started stealing cars. Banned
as "very antisocial," he later
struck out on his own and
formed a gang that eventually
became his name.

That was how a source who

said he was a former colleague
of Alvin Flores portrayed the
underworld kingpin who led
the mid on a stolen ship in
Makati's choppy waters 5 on
Oct. 18. Flores was born, Flo-
res was reported killed in a gun
battle with government agents
in Ordo City.

ALVIN: A8

Protesters to welcome Hillary with queries on VFA

By Lela B. Salaverria,
and Chris E. Engoron

PROTESTS WILL GREET US Secretary of State Hillary Clinton as she visits Manila on Dec. 12.

Manila and they would also make sure to make Clinton to explain the "indefinite" presence of American troops in the country and to clarify the status of US military aid.

Beginning November 16, the US Defense Secretary Robert Gates visited the Philippines in

June while Central Intelligence Agency (CIA) Director Leon Panetta was in July.

"The arrival [and] successive visits lead us to believe the United States is determined to strengthen and expand its presence in the Philippines," Clinton said. "It is definitely not a goodwill or subsidiary visit by Clinton's visit."

Clinton said she will be in the country for 10 days, more than anything else," Reyes said in a statement.

Clinton said she will be in the country for 10 days, more than anything else," Reyes said in a statement.

Foreign policy remains a major issue for the Philippines, but not changed as of one year after Barack Obama was elected to the White House.

The annual relations summit, Reyes said, the US, says, Secretary of State Clinton's visit to Manila is a real sign that "we have the strategic vision of the VFA does not pass through and too much US domination in Philippine affairs."

Clinton said Clinton's visit "signals the commitment, if not an increase, in American intervention, considering the growing opposition to the VFA during the past two months."

Clinton "should realize they have no interest here and any

strategic to settle in the coming years, among others, on issues like energy, will be frustrated by people's movements," he said.

Malabon yesterday said there was no pressing need to discuss the VFA during Clinton's brief Manila stopover beginning Thursday.

The Palace was apparently content with what it called an "informal review" of the VFA being sought by senators, who had expressed misgivings over supposedly vague provisions in the treaty.

"When you bring a matter before a bilateral task, that matter should be a pressing issue on a bilateral basis, and I think the VFA has not reached that point of being a pressing issue on a bilateral

basis," Aquino said, during presidential press conference, said reporters.

Clinton said Clinton's visit to Manila is a real sign that "we have the strategic vision of the VFA does not pass through and too much US domination in Philippine affairs."

Clinton said Clinton's visit "signals the commitment, if not an increase, in American intervention, considering the growing opposition to the VFA during the past two months."

Clinton "should realize they have no interest here and any

Clinton will be in Manila on 12 Friday before joining President Obama at the Asia-Pacific Economic Cooperation (APEC) summit in Singapore.

The Alliance of Concerned Workers (ACW) has challenged Clinton to "take a stand on the human rights record of the American administration."

House passes P1.54-T national budget

By Lela B. Salaverria

THE HOUSE OF REPRESENTATIVES passed a P1.54-billion national budget for 2010 on Dec. 11 and final reading after it was able to secure a majority vote.

The budget measure was approved by a 175-6 vote.

The budget measure was approved by a 175-6 vote.

The budget measure was approved by a 175-6 vote.

At P1.54 billion, Department of Agriculture, P23.8 billion; Department of Health, P20.5 billion; Department of Agriculture, P10.7 billion; Department of Transportation and Communications, P23 billion; Department of Social Welfare and Development, P12.3 billion; and the Judiciary, P12.0 billion.

The Commission on Elections, which will administer the 2010 local and national elections, received P20.5 billion.

The budget measure was approved by a 175-6 vote.

The budget measure was approved by a 175-6 vote.

At P1.54 billion, Department of Agriculture, P23.8 billion; Department of Health, P20.5 billion; Department of Agriculture, P10.7 billion; Department of Transportation and Communications, P23 billion; Department of Social Welfare and Development, P12.3 billion; and the Judiciary, P12.0 billion.

The Commission on Elections, which will administer the 2010 local and national elections, received P20.5 billion.

The budget measure was approved by a 175-6 vote.

The budget measure was approved by a 175-6 vote.

At P1.54 billion, Department of Agriculture, P23.8 billion; Department of Health, P20.5 billion; Department of Agriculture, P10.7 billion; Department of Transportation and Communications, P23 billion; Department of Social Welfare and Development, P12.3 billion; and the Judiciary, P12.0 billion.

The Commission on Elections, which will administer the 2010 local and national elections, received P20.5 billion.

The budget measure was approved by a 175-6 vote.

The budget measure was approved by a 175-6 vote.

Ebdane may have heard voices, says Lakas-Kampi exec

FORNIA PUBLIC WORKS SECRETARY Hergerson Ebdane's thermal disclosure of his presidential bid yesterday drew only silence from the administration party.

Program Policy vice president of Lakas-Kampi-CMS, mentioned, what concerned Ebdane is not the presidency, suggesting that he might have heard "the voices of God."

"For someone who's not even in the top 10 in terms of his presidency, it means only one thing: He spoke with the Lord and he could not hear because you will change the country," he said in a phone interview.

"I think that's what happened."

Policy made it clear that Ebdane's decision to run for president did not have the "blessing and support of the party and the President."

"This is his choice," he said. "The President is 100 percent behind [Ebdane Secretary] Clifford Trono."

Trono's son is to be formally proclaimed as the administration's standard bearer during the Lakas-Kampi national convention on Nov. 18, the eve of the first city of filing of credentials of candidates.

Christian C. Engoron

DOH says it's probing deal on flu machines

HEALTH SECRETARY FRANCISCO DUQUE III has warned his hands off the questionable purchase by the Research Institute of Tropical Medicine (RITM) of three influenza-masking machines from a multinational pharmaceutical company.

He admitted, however, that RITM officials, including director Dr. Romulo Obata, who were involved in the procurement of the machines, were already under investigation.

Duque said that while the RITM was under the Department of Health (DOH), it had two procurement divisions.

"We are not choosing about it, as a matter of fact, the DOH started its investigation as early as August when Mayor

FREE



Skin-Lifting Starter Program

upon enrollment from Nov. 9-14, 2009

Who says facelifts should be surgical?

Forget cosmetic surgery! Facial Care's non-surgical Skin-Lifting Treatments smoothen out crow's feet and fine lines, keep skin taut and toned, and stimulate facial muscles to lift sagging skin. All without having to go under the knife!

Call **892-SKIN (7546)** to find out how you can enjoy your **FREE Skin-Lifting Starter program!**

facial care

CENTRE

By 111-4222 (Doreen Kelly, Sales/111-4222)

MANILA • OPTIMA • TITANIUM • BIRCHWOOD • ALABAMA • DANA • CONGRESSMAN • PRIMAVERA (811-3333) • CIBU (222-7071)

Quit or get fired, lawmaker tells customs chief

UNIQUE INTERNATIONAL
Digital Solutions Division

1101 S. 17th St., Suite 100, Miami, FL 33134
Tel: 305.444.1101
Fax: 305.444.1102
Email: info@uniqueintl.com

531-4267 • 532-2709 • 533-5528
533-5320 • 532-4578 • 533-9776

CEBU: (032) 232-4269 • 0918-4229041 | DAVAO: (081) 204-8812 • 0918-7122170



Study and Migration Opportunities in Australia's Northern Territory:
A FREE Joint Education and Migration seminar series

Presented by:
Wayne Proctor, Senior Admissions Officer, Charles Darwin University
Way Mark, Director, Business & Student Migration, Northern Territory Government

13th November 2009	14th November 2009	15th November 2009
10:30 am - 11:30 am	10:30 am - 11:30 am	9:30 am - 4:30 pm
Seminar Room	Lecture Room	Seminar Room
Way Mark Hotel	Intercontinental Hotel	Way Mark Hotel
Central Business Ave.	1 Appleton Ave.	Central Business Ave.
Cebu City	Manila City	Davao City

For more details contact: Maile Proctor at maile.proctor@cdpu.edu.au

Charles Darwin University
Government

By Gil C. Caramoran Jr.

IN CONGRESS, COMMISSIONER Napoleon Mondan told the high road taken by recently resigned Revenue Commissioner Luis Aquino III Congress will make sure he is fired under the Letter of Instruction No. 2009.

Quoting Rep. Danilo Llanera, who represents yesterday Mondan could make his move for everyone if he handled in his resignation like Aquino did last week, due to the huge collection shortfall to the Bureau of Customs (BOC).

Llanera said Mondan would have to face the Aquino Board—which means the Congress will make sure he is fired under the Letter of Instruction No. 2009.

"I believe Commissioner Mondan will have a hard time combining

the Aquino Board for should he allow to stay in his post. Oil importation, the biggest source of duties for the BOC, has not slowed down. The only reason is the BOC's failure to crack down on smuggling," Llanera said.

Mondan has been in office since 2007. He has been in office since 2007.

Reached by telephone last night, Mondan said, "There's no justice case for that call."

"The BOC is different from the BIR. We have different targets and processes. In the Department of Finance (DOF), it is the person evaluation analysis, said the BOC had an efficiency test equivalent to 95.46 billion from January to September this year."

"I presented this analysis to Aquino himself. The BOC staff is saying that we are performing, Mondan said.

In 2007, Mondan gave himself

and BOC employees a raise around 15% to 20% in response to going to Manila, for commissioning the 2009 collection target, due largely to the improvement of oil duties rather than improved collection.

Mondan's insistence on staying on the job has become more complex, Aquino said, after its general quit because it was "the best thing to do."

Aquino, the BOC chief, an advisor of the Aquino administration, resigned out of "drama" after the BOC had about P40 billion short of its collection target of P107 billion for January to September this year.

The combined revenue shortfall of the BIR and BOC—the two main collection agencies of the government—is expected to push up the budget deficit to P200 billion this year, or more than four times last year's deficit of P40 billion.

GMA not apt to pardon Jalosjos—DOJ

By Norman Borlades.

PRESIDENT MACAPAGAL-ARROYO may be surprised to find out that his pardon is not a simple act. It is a complex one, involving the Department of Justice (DOJ) and the Board of Pardons and Parole.

Macapagal said it was not a simple act. It is a complex one, involving the Department of Justice (DOJ) and the Board of Pardons and Parole.

Macapagal said it was not a simple act. It is a complex one, involving the Department of Justice (DOJ) and the Board of Pardons and Parole.

"It's not just the president of the law, it's also being sensitive to some cases," she said.

Macapagal said there was a long list of applications for pardon from the Department of Justice and the Board of Pardons and Parole.

"We have so many applicants from September onwards. Most are waiting they will be heard for Christmas," she said.

Asked if Jalosjos might be pardoned before Dec. 31, Macapagal said, "I doubt it."

"It depends on how long the queue is," she said.

Jalosjos was released from prison earlier this year after a sentence for raping an 11-year-old girl in 1996 was commuted and he was given credit for good conduct in prison.

Jalosjos, a former congressman representing Zamboanga del Norte, has reportedly applied for an absolute pardon in order to regain his right to vote and be re-elected.

"We are released because he had already served his sentence," said Borlades. The absolute pardon, she added, was a different matter altogether.

Nokia to replace faulty phone chargers

HELSINKI—CELL PHONE MANUFACTURER Nokia said yesterday it would replace 1.4 million chargers made by China's WPC Co. Ltd. because the chargers could melt.

"We are withdrawing the exchange program as a preventive, precautionary measure. We are not aware of any incidents or injuries relating to these chargers [within all the years]," said Nokia spokeswoman Dora Hansen.

NOKIA and WPC, its third-party supplier, would cover all costs from the replacement. An average charge or more price to phone manufacturers would be paid.

"The plastic casing of the affected chargers could cause harm and, in extreme cases, exploding the charger's internal components and potentially posing an electrical shock hazard if it occurs. Internal components are installed while the charger is plugged in as a live socket," the Finnish firm said.

Nokia said it immediately said to its customers.

Only a limited number of chargers of certain model types manufactured by the third-party supplier during a specific time period are within the scope of the exchange program.

They are the AC-30 and AC-31 models, manufactured between Jan. 13, 2008 and Aug. 9, 2009, and the AC-41 models, manufactured between April 13, 2009, and Oct. 23, 2009.

For more information and to check if your charger is part of the exchange program, visit <http://chargeit.com>.

Charge it with us and send a message with the following line: "charger model, manufacturer name, 24 digit charger serial number" to 0900-122-4121 (24-hour), 0924-249070 (24-hour) or 0922-409700 (24-hour). You may also call the Nokia Careline at 020 22 844 1234 between 8:30 a.m. and 8:30 p.m. Monday to Friday with a report from January

ATENEO CENTER FOR CONTINUING EDUCATION
100 years of continuous education

2009 - 2010 Certification Programs

6th Six Signs Green Belt Program
March 4 - 5, 11, 12, 18, 2009

6th Project Management Professionals' Review
Jan. 26 - Feb. 27, 2010

Certified Financial Analyst's Review
Feb. 18 - May 22, 2010

6th Treasury Certification Program
March 6 - 23, 2010

Modular Learning System in Supply Chain Management: Exams
March 6 - Sept. 2010

6th PSE Certified Securities Specialist Course
April 17 - Aug. 30, 2010

6th Six Signs Black Belt Program
Aug. 5 - Sept. 11, 2010

Global Competitiveness Closer to Home

The ATENEO Brand is your Career Advantage

HOW TO REGISTER
Online: www.ateneo.edu
Email: 333-2636@ateneo.edu.ph
Call: 815-3310

THE DAILY GOSPEL

Monday, November 23, 2009
11:50 AM to 12:00 PM
The Daily Gospel

Isaiah 23:1-4
Isaiah 23:1-4
Isaiah 23:1-4

Isaiah 23:1-4
Isaiah 23:1-4
Isaiah 23:1-4

UNIQUE WATER SYSTEMS & TECHNOLOGY

- Water Filtration Systems
- Water Softening Systems
- Automatic Backwashing Systems
- Complete Parts & Service
- Reverse Osmosis Technology
- Water Filtration Systems
- Water Softening Systems
- Automatic Backwashing Systems

1101 S. 17th St., Suite 100, Miami, FL 33134
Tel: 305.444.1101
Fax: 305.444.1102
Email: info@uniqueintl.com



Serving and Protecting
the Filipino Consumer

CONSUMER & OIL PRICE WATCH

COPW CALLS FOR SOBRIETY AND OBJECTIVITY WHILE THE DOE-DOJ TASK FORCE PREPARES ITS RECOMMENDATION ON EO 839

In the wake of the controversy arising from EO 839, COPW is calling for sobriety and objectivity from the Oil Companies especially Pilgrimage Shell, the Business Sector, the Foreign Chambers of Commerce, the Transport Sector, Private Vehicle Owners and the Riding Public.

The Temporary Restraining Order (TRO) filed by Shell with the Makati Regional Trial Court one day after they appealed to the President to lift EO 839 through full-page ads published in two major newspapers only added fuel to the controversy.

ALLOW THE DOE-DOJ TASK FORCE TO DO ITS JOB

COPW is suggesting a one week moratorium on any action, legal or otherwise, to allow the DOE-DOJ Task Force to make its recommendation after it was tasked by the President to meet with the Oil Companies and address their concerns. The Task Force will submit their report within the week.

COPW CONGRATULATES DOJ SECRETARY AGNES DEVANADERA FOR TAKING DECISIVE ACTION TO STRICTLY ENFORCE SAFEGUARD PROVISIONS

After 11 years of being remiss in their duties, the DOE-DOJ Task Force is finally stepping up to the plate and exercising its regulatory functions. The Oil Companies must realize this. And they must cooperate and comply fully with the provisions of the Oil Deregulation Law. **This is confirmation that finally, weight has been given to COPW's longstanding recommendations.**

COPW has long been advocating transparency in oil pricing through the exercise of its regulatory functions by the DOE-DOJ Task Force. The Task Force is mandated under Section 12 (a), Section 14 (c) and (d) to monitor the volume and value of oil inventories and to inform the public whether the oil companies' price increase or decrease are justified.

The reason why COPW insists that these reports be made available to the BIR and BOC is because even if they are made public, such declarations are not being reconciled with the duties and taxes collected by the government.

COPW'S RECOMMENDATIONS TO THE DOE-DOJ TASK FORCE TO RESOLVE THE IMPASSE ON EO 839 ARE AS FOLLOWS:

- **COPW SUPPORTS THE IMMEDIATE LIFTING OF EO 839 FOR CALTEX, TOTAL AND THE INDEPENDENT PLAYERS.**

This will allow them to price their products based on actual cost of their inventory as they only carry a 10-day inventory and are incurring substantial losses.

COPW appreciates the statement by Flying V Chairman Chito Villavicencio that upon lifting of EO 839, he will mitigate the impact of higher prices by staggering the increase of P 4.50 per liter over a three week period, or P 1.50 increase per liter per week. He will no longer recover losses as a result of EO 839.

- In a full page open reply to COPW last March 3, 2009, Shell stated that when the cost of finished products based on Mean Of Platts Singapore (MOPS) is cheaper than their cost to refine, they import and shut down their refinery. Under this scenario, it is very likely that Shell cannot continue to operate its refinery viably because huge investments are required to modernize its refinery. **COPW URGES SHELL TO BE FORTHRIGHT AND DECLARE WHEN THEY USE MOPS PRICING AS BENCHMARK. THEY SHOULD DO THE SAME WHEN THEY USE DUBAI CRUDE.**

Had the Secretary of Energy been transparent and issued an official statement that a refiner can be allowed to use MOPS in cases where it is cheaper to import than to refine, then the acrimonious debate with COPW would not have prolonged for two years and all the issues on the justification for the P 8 and P 7 per liter reduction in prices in March and April would have been prevented.

- Today we only have Petron with the most modern refinery that is comparable with the best in Asia. It is also Filipino-owned and is publicly listed. **TO SUPPORT PETRON, COPW WILL ASK CONGRESS TO REMOVE THE 3% DUTY ON ITS CRUDE IMPORTS.**

This will compensate for the zero duty on finished petroleum products extended to oil importers. COPW will also ask government to ensure that oil extracted from Palawan and the areas around it be sold to Petron to add to its capacity instead of the present policy of exporting our indigenous oil. Similarly, we would like added incentives given to Petron so that it can invest to expand its capability to export finished products competitively in the Asia Pacific Region.

We want your feedback

DO YOU AGREE WITH COPW'S POSITION REGARDING EO 839?

☐ **AGREE** ☐ **DISAGREE**

Text COPW REACT <AGREE OR DISAGREE> to 2910

TEXT NOW!


RAUL T. CONCEPCION
Chairman

Visit the **COPW website**. Log in to **copw.net**



Philippine Commission on Human Rights
OFFICE OF THE SECRETARY
1001 EDSA, SOGO BUILDING, 2ND FLOOR
MANILA, PHILIPPINES

2nd INVITATION TO SUBMIT RESEARCH FOR EVIDENCE OF INTEREST

The City Government of Angeles through the Social Services Commission (SSC), invites interested persons to submit research on the Philippine Commission on Human Rights (PCHR) to support its ongoing research on the issue of human rights.

RESEARCHERS OF CITY SOCIAL SERVICES COMMISSION AND PHILIPPINE COMMISSION ON HUMAN RIGHTS

1. The Commission on Human Rights (PCHR) is a state agency created by the Philippine Constitution. Its mandate is to protect and promote the human rights of all Filipinos. The Commission is composed of the President, Vice President, and members of the Commission. The Commission is also the highest authority on human rights in the Philippines.

2. The Commission on Human Rights (PCHR) is a state agency created by the Philippine Constitution. Its mandate is to protect and promote the human rights of all Filipinos. The Commission is composed of the President, Vice President, and members of the Commission. The Commission is also the highest authority on human rights in the Philippines.

3. The Commission on Human Rights (PCHR) is a state agency created by the Philippine Constitution. Its mandate is to protect and promote the human rights of all Filipinos. The Commission is composed of the President, Vice President, and members of the Commission. The Commission is also the highest authority on human rights in the Philippines.

4. The Commission on Human Rights (PCHR) is a state agency created by the Philippine Constitution. Its mandate is to protect and promote the human rights of all Filipinos. The Commission is composed of the President, Vice President, and members of the Commission. The Commission is also the highest authority on human rights in the Philippines.

RESEARCH TOPICS	RESEARCHERS
1. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 1 (1-10-2010)
2. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 2 (1-10-2010)
3. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 3 (1-10-2010)
4. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 4 (1-10-2010)
5. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 5 (1-10-2010)
6. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 6 (1-10-2010)
7. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 7 (1-10-2010)
8. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 8 (1-10-2010)
9. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 9 (1-10-2010)
10. Human rights violations in the context of the Philippine Commission on Human Rights (PCHR)	Researcher 10 (1-10-2010)

The Commission on Human Rights (PCHR) is a state agency created by the Philippine Constitution. Its mandate is to protect and promote the human rights of all Filipinos. The Commission is composed of the President, Vice President, and members of the Commission. The Commission is also the highest authority on human rights in the Philippines.

The Commission on Human Rights (PCHR) is a state agency created by the Philippine Constitution. Its mandate is to protect and promote the human rights of all Filipinos. The Commission is composed of the President, Vice President, and members of the Commission. The Commission is also the highest authority on human rights in the Philippines.

The Commission on Human Rights (PCHR) is a state agency created by the Philippine Constitution. Its mandate is to protect and promote the human rights of all Filipinos. The Commission is composed of the President, Vice President, and members of the Commission. The Commission is also the highest authority on human rights in the Philippines.



OPINION

Study reveals why RP lags behind neighbors

CHESTERBEE SAN JUAN WRITES that the Philippines' (PCH) lag behind its neighbors is due to its "weak" economy and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate.

The study reveals that the Philippines' economy is "weak" and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate.

The study reveals that the Philippines' economy is "weak" and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate.

The study reveals that the Philippines' economy is "weak" and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate.

The study reveals that the Philippines' economy is "weak" and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate. The study reveals that the Philippines' economy is "weak" and "low" growth rate.

Philippines' per capita income was just slightly lower than Japan's.

That had a higher per capita GDP than Japan's. The Philippines' per capita income was just slightly lower than Japan's. That had a higher per capita GDP than Japan's.

That had a higher per capita GDP than Japan's. The Philippines' per capita income was just slightly lower than Japan's. That had a higher per capita GDP than Japan's.

That had a higher per capita GDP than Japan's. The Philippines' per capita income was just slightly lower than Japan's. That had a higher per capita GDP than Japan's.

That had a higher per capita GDP than Japan's. The Philippines' per capita income was just slightly lower than Japan's. That had a higher per capita GDP than Japan's.

That had a higher per capita GDP than Japan's. The Philippines' per capita income was just slightly lower than Japan's. That had a higher per capita GDP than Japan's.



LETTERS

Conversion of SMC shares may be legal, but is it right?

YOUNG PEOPLE FROM THE PHILIPPINE COMMISSION ON HUMAN RIGHTS (PCHR) are asking the question: "Conversion of SMC shares may be legal, but is it right?"

Young people from the Philippine Commission on Human Rights (PCHR) are asking the question: "Conversion of SMC shares may be legal, but is it right?"

Young people from the Philippine Commission on Human Rights (PCHR) are asking the question: "Conversion of SMC shares may be legal, but is it right?"

Young people from the Philippine Commission on Human Rights (PCHR) are asking the question: "Conversion of SMC shares may be legal, but is it right?"

Young people from the Philippine Commission on Human Rights (PCHR) are asking the question: "Conversion of SMC shares may be legal, but is it right?"

alam in ang diabetes

MAGING ALERTO SA SENYALES NG DIABETES

mabait na pag-iti

pagkain ng tirilang

kawalan ng garing karamin

maririting pagkain

Sumangguni agad sa doktor kung may natatandang garing senyales.

KANDIDATO KA BA SA TYPE 2 DIABETES?

karamin na may diabetes

kawalan ng alerhiya

hiral na may pagkain

alagang tirilang

Komunado sa doktor kung naka ang pagkain mong magkaroon ng diabetes.

AGAPAN ANG DIABETES

pagkain ng mabait

pagkain ng tirilang

pagkain ng garing karamin

pagkain ng maririting pagkain

Sa 30 minuto ng ehersisyo araw-araw, mababawasan ang posibilidad ng pagkaroon ng type 2 diabetes ng 40 porsiyento.

world diabetes day

14 November

Philippine Commission on Human Rights

International Diabetes Federation

Philippine Commission on Human Rights

Peping sues Angping over P73.2-M Philsoc liquidation

By Jane Mervino

PEPPING SUED: CHINESE president Sun "Peping" Guoguang is suing his former partner and general director Angping Guo for damages and attorneys' fees. The new lawsuit, Angping's second, follows a 2008 decision by the Philippine Sports Commission (PSC) in favor of Peping's claim that Angping's liquidation of the P73.2 million Philippine Basketball Association (PBA) was illegal. Angping's lawyer, however, says the PSC decision is "null and void."

Angping, who was then the PBA president, claimed that the liquidation of the PBA was illegal. He said that the PBA was a "public corporation" and that its assets should not be liquidated without the approval of the government. Angping's lawyer, however, says that the PBA was a "private corporation" and that its assets can be liquidated without the approval of the government.

Angping's lawyer, however, says that the PBA was a "private corporation" and that its assets can be liquidated without the approval of the government. Angping's lawyer, however, says that the PBA was a "private corporation" and that its assets can be liquidated without the approval of the government.

Angping's lawyer, however, says that the PBA was a "private corporation" and that its assets can be liquidated without the approval of the government. Angping's lawyer, however, says that the PBA was a "private corporation" and that its assets can be liquidated without the approval of the government.

Angping's lawyer, however, says that the PBA was a "private corporation" and that its assets can be liquidated without the approval of the government. Angping's lawyer, however, says that the PBA was a "private corporation" and that its assets can be liquidated without the approval of the government.

SSC-Cavite, UC reach 'Sweet 16'

By Cath P. Tigno

SAVING PRIVATE CAVITE: LATEST AGAINST the odds, Cavite's Sweet 16 team, coached by Dr. Jose A. Dela Cruz, has advanced to the Sweet 16 round of the 2009-2010 Philippine Collegiate Championship. The team, which is coached by Dr. Jose A. Dela Cruz, has advanced to the Sweet 16 round of the 2009-2010 Philippine Collegiate Championship.



THE NETS' Rudy Hinojosa leads the team in the game with PBA. (Photo by Jane Mervino)

Hot Suns scorched Wizards anew

Lakers win sans 2 big men

By Jane Mervino

WASHINGTON—MIRN: BIRMINGHAM scored 30 points and gave Utah 17 points as the Phoenix Suns defeated the Washington Wizards with a 102-90 victory Sunday. The Suns won their first game since the trade of Steve Nash to the Phoenix Suns. The Suns won their first game since the trade of Steve Nash to the Phoenix Suns.

LOS ANGELES: Kobe Bryant scored 30 points, Steve Nash added 17 points and Pau Gasol added 15 points as the Los Angeles Lakers defeated the Phoenix Suns with a 102-90 victory Sunday. The Lakers won their first game since the trade of Steve Nash to the Phoenix Suns.

Satria Muda rips Brunei Barracudas

By Jane Mervino

SEMI-FINALS: Satria Muda, coached by Dr. Jose A. Dela Cruz, has defeated the Brunei Barracudas in the semi-finals of the 2009-2010 Philippine Collegiate Championship. Satria Muda, coached by Dr. Jose A. Dela Cruz, has defeated the Brunei Barracudas in the semi-finals of the 2009-2010 Philippine Collegiate Championship.

No room for PSC in Laos SEA Games contingent

By Jane Mervino

THE PHILIPPINE SPORTS COMMISSION is sending 200 of the 274 members of its national contingent to the 2009 Southeast Asian Games, but not the Philippine Sports Commission (PSC). The PSC is sending 200 of the 274 members of its national contingent to the 2009 Southeast Asian Games, but not the Philippine Sports Commission (PSC).



PHILIPPINE SPORTS COMMISSION official speaking at a press conference.

MANILA: The Philippine Sports Commission (PSC) is sending 200 of the 274 members of its national contingent to the 2009 Southeast Asian Games, but not the Philippine Sports Commission (PSC).

MANILA: The Philippine Sports Commission (PSC) is sending 200 of the 274 members of its national contingent to the 2009 Southeast Asian Games, but not the Philippine Sports Commission (PSC).

Timex race vows accurate results

By Jane Mervino

THE TIMEX RACE is a 100-mile race that is held annually in the Philippines. The race is held annually in the Philippines. The race is held annually in the Philippines. The race is held annually in the Philippines.

Djokovic tops Federer

By Jane Mervino

ATLANTA: Novak Djokovic defeated Roger Federer in the final of the 2009 ATP World Tour Finals. Djokovic defeated Federer in the final of the 2009 ATP World Tour Finals.

Atlanta PVC Rescue Boat

By Jane Mervino

ATLANTA: The Atlanta PVC Rescue Boat is a 100-foot boat that is used for rescue operations. The boat is used for rescue operations. The boat is used for rescue operations. The boat is used for rescue operations.

Meneses new JRU coach

By Jane Mervino

MANILA: Dr. Jose A. Dela Cruz has been named as the new coach of the Jose Rizal University (JRU) basketball team. Dr. Jose A. Dela Cruz has been named as the new coach of the Jose Rizal University (JRU) basketball team.

Timex race vows accurate results

By Jane Mervino

THE TIMEX RACE is a 100-mile race that is held annually in the Philippines. The race is held annually in the Philippines. The race is held annually in the Philippines. The race is held annually in the Philippines.

Atlanta PVC Rescue Boat

By Jane Mervino

ATLANTA: The Atlanta PVC Rescue Boat is a 100-foot boat that is used for rescue operations. The boat is used for rescue operations. The boat is used for rescue operations. The boat is used for rescue operations.

Atlanta PVC Rescue Boat

By Jane Mervino

ATLANTA: The Atlanta PVC Rescue Boat is a 100-foot boat that is used for rescue operations. The boat is used for rescue operations. The boat is used for rescue operations. The boat is used for rescue operations.

Slide gently in a gondola under the Rialto Bridge along the Grand Canal. Return to romance, only at...



THE VENICE

VENETIAN RESORTS
— 4000 EAST 1001
— MIAMI BEACH, FL 33139

A resort promoted by quality treatment for every sense in its Venetian experience. At The Venice at Midway Hill, there's more to romance than just an impressive view. Grand Canal Place, under the Rialto Bridge, is a testament to the Venetian style. Each a glimpse of the distant past at The Rialto. And the original by the right of each residential owner. After riding in the right house for years, have a taste of Venetian luxury at home. (Discover the Venice of the Palm Canals, where total relaxation combines with the Venetian spirit. It's like a house and a Venetian Palace. And a taste to the best of everything that your privileged place in the Venetian Midway Hill family.

Read in the magazine that says Venice is the
The Venice at Midway Hill

Midway Hill Venetian Resorts



Midway Hill Venetian Resorts
Midway Hill Venetian Resorts
Midway Hill Venetian Resorts

Midway Hill Venetian Resorts
Midway Hill Venetian Resorts
Midway Hill Venetian Resorts

Tel: 815-1888 • 816-2768 • 816-3517

Visit us at the Midway Hill Information Center, Upper Midway Hill, 10000 Phoenicia Way, First Building, Upper Midway Hill, Miami Beach.

Obama engagement in action at Asean meet

WASHINGTON—PRESIDENT BARACK Obama will put his own doctrine of engaging friends and foes alike into action next week, as the inaugural U.S. summit with Southeast Asian nations, including China, begins.

Obama's first official act of state, it is to become the first U.S. president to shape the same event with all leaders of the Association of Southeast Asian Nations (Asean), including leaders from Myanmar, Laos and Cambodia.

In previous years, hopes for such a summit have floundered on Washington's refusal to do deals with members of Burma's junta because of their repression of the ethnic Chin. But this time, Obama's message is clear.

But Obama, who is looking to stress

U.S. foreign policy, is to be able to change American life at home, has at least regional calculations.

The U.S. foreign engagement has inspired 100 ties with key players in Southeast Asia, and the summit was held on the sidelines of the APEC forum in Singapore, reveals a new US focus on the dynamic region.

In the past, US officials have pressed Asean as a concept, but previously been met by debate over non-interference in leaders' programs.

But now, the grouping is at the center of a new web of pan-Pacific trade links, and Obama's visit will further cement U.S. ties with Asean. Obama's visit will further cement U.S. ties with Asean.

Obama's visit will further cement U.S. ties with Asean. Obama's visit will further cement U.S. ties with Asean.

Obama's visit will further cement U.S. ties with Asean. Obama's visit will further cement U.S. ties with Asean.

Obama's visit will further cement U.S. ties with Asean. Obama's visit will further cement U.S. ties with Asean.

Obama's visit will further cement U.S. ties with Asean. Obama's visit will further cement U.S. ties with Asean.

2008 election campaign he would talk directly to leaders of 101 states, including Vietnam, Laos, North Korea, China and Japan.

In fact, his strategy has shown few results, but the design with Obama, opened wide doors and kept him in the center of the world.

"This approach will take time to produce results, and indeed results are not guaranteed," said Jeffrey Bader, Obama's senior director for the Asia-Pacific Affairs.

"We will need patience and persistence to alter the results of 50 years of history," it is one of the Obama delegation.

Obama's intention to engage one with Asean can be partly explained by the fact that while Washington has been concerned by Myanmar's government, China has deepened its ties with the region.

Now, some US officials fear Washington might be outplayed as a major Asian power.

First signs of a change came earlier this year, when Secretary of State Hillary Clinton signed a landmark Washington pact with Southeast Asian nations to promote the region's economic growth.

US officials to consider the region's influence.

AFP

Cambodia announces Thaksin visit, worsens tensions with Thailand

THAILAND—PRIME-MINISTER Thaksin Shinawatra will visit Bangkok this week to his new role as economic adviser, the Cambodian PM said Sunday, further straining a row with Thailand.

"Thaksin will visit as the Minister of Economy and Finance on Nov. 12 to do a working visit with some 300 Cambodian business experts," then he will do a formal reception at Phnom Penh International Airport.

The visit is the first time since his exile with neighboring Thailand, which has evicted him since Wednesday when Cambodia announced the appointment of Thaksin as adviser.

Thaksin was in a 2006 coup—as an economic adviser.

Both countries in Thailand recalled their respective ambassadors in Bangkok and Thailand warned Friday that it would send the border.

"I just want to close, close it. The line will be treated."

Show off designer dresses? Rent them from the Web

FOR MANY WOMEN, A GLOSS DRESS is something they admire on the pages of a glossy magazine or are drawn to as the latest of a celebrity—not as items hanging in their closet.

But a service website called Rent the Runway is helping to make high-end fashion more accessible and affordable as well as saving a lot of money.

The multi-city service, which focuses the rental of dresses on Monday nights and Tuesday nights, has been a hit in New York, Los Angeles, and Chicago.

The website now has a \$20 to \$250 for a four-day loan and can ship directly to the customer's doorstep. The return is, the customer pays a fee.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.



CAMBODIA'S King Norodom Sihamoni, center, stands in front of a map of Cambodia during the independence day celebration in Phnom Penh on Nov. 9.

to show off their designer dresses, they can now rent them from the Web. The service, called Rent the Runway, is helping to make high-end fashion more accessible and affordable as well as saving a lot of money.

The multi-city service, which focuses the rental of dresses on Monday nights and Tuesday nights, has been a hit in New York, Los Angeles, and Chicago.

The website now has a \$20 to \$250 for a four-day loan and can ship directly to the customer's doorstep. The return is, the customer pays a fee.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

to show off their designer dresses, they can now rent them from the Web. The service, called Rent the Runway, is helping to make high-end fashion more accessible and affordable as well as saving a lot of money.

The multi-city service, which focuses the rental of dresses on Monday nights and Tuesday nights, has been a hit in New York, Los Angeles, and Chicago.

The website now has a \$20 to \$250 for a four-day loan and can ship directly to the customer's doorstep. The return is, the customer pays a fee.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.



US high court justices are gathered around a table, looking at a large map or document. They appear to be in a formal setting, possibly a government building or a conference room.

US high court to review sentencing of juveniles

WASHINGTON—THE US Supreme Court will Monday decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

The court is expected to decide whether to review the sentencing of juveniles who have not committed murder in the past.

Iran police say they're ready to enforce band amputations

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

TEHRAN—IRANIAN POLICE are ready to enforce band amputations, but they are not ready to enforce band amputations.

At 91, Mandela endures as icon of South Africa

JOHANNESBURG—THE 91-YEAR-OLD Nelson Mandela is still a man of the people. He is still a man of the people.

JOHANNESBURG—THE 91-YEAR-OLD Nelson Mandela is still a man of the people. He is still a man of the people.

JOHANNESBURG—THE 91-YEAR-OLD Nelson Mandela is still a man of the people. He is still a man of the people.

JOHANNESBURG—THE 91-YEAR-OLD Nelson Mandela is still a man of the people. He is still a man of the people.

JOHANNESBURG—THE 91-YEAR-OLD Nelson Mandela is still a man of the people. He is still a man of the people.

JOHANNESBURG—THE 91-YEAR-OLD Nelson Mandela is still a man of the people. He is still a man of the people.

JOHANNESBURG—THE 91-YEAR-OLD Nelson Mandela is still a man of the people. He is still a man of the people.

to show off their designer dresses, they can now rent them from the Web. The service, called Rent the Runway, is helping to make high-end fashion more accessible and affordable as well as saving a lot of money.

The multi-city service, which focuses the rental of dresses on Monday nights and Tuesday nights, has been a hit in New York, Los Angeles, and Chicago.

The website now has a \$20 to \$250 for a four-day loan and can ship directly to the customer's doorstep. The return is, the customer pays a fee.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

'Sweetheart' actress draws jail for drug use

KOBE—A FORMER 'SWEETHEART' actress has been sentenced to jail for drug use.

KOBE—A FORMER 'SWEETHEART' actress has been sentenced to jail for drug use.

KOBE—A FORMER 'SWEETHEART' actress has been sentenced to jail for drug use.

KOBE—A FORMER 'SWEETHEART' actress has been sentenced to jail for drug use.

KOBE—A FORMER 'SWEETHEART' actress has been sentenced to jail for drug use.

KOBE—A FORMER 'SWEETHEART' actress has been sentenced to jail for drug use.

KOBE—A FORMER 'SWEETHEART' actress has been sentenced to jail for drug use.

to show off their designer dresses, they can now rent them from the Web. The service, called Rent the Runway, is helping to make high-end fashion more accessible and affordable as well as saving a lot of money.

The multi-city service, which focuses the rental of dresses on Monday nights and Tuesday nights, has been a hit in New York, Los Angeles, and Chicago.

The website now has a \$20 to \$250 for a four-day loan and can ship directly to the customer's doorstep. The return is, the customer pays a fee.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

to show off their designer dresses, they can now rent them from the Web. The service, called Rent the Runway, is helping to make high-end fashion more accessible and affordable as well as saving a lot of money.

The multi-city service, which focuses the rental of dresses on Monday nights and Tuesday nights, has been a hit in New York, Los Angeles, and Chicago.

The website now has a \$20 to \$250 for a four-day loan and can ship directly to the customer's doorstep. The return is, the customer pays a fee.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

"The idea is to make it so that you can rent a dress for a few days and then return it to the store," said the founder, Jennifer Hyman.

IN THIS ISSUE

■ **Philrex stocks surge**
on looming fight for control/83

■ **Stick to dollar, RP**
urges other nations/195

BUSINESS

Editor: Raul O. Marcelo • Associate Editor: Corrie S. Mariano
Mobile Email: Text 09178000000 or 09178000000 | Website: www.inquirer.com | E-mail: business@inquirer.com.ph

ADVERTISEMENT

A place for business, business and more

The business world is full of opportunities and challenges. It's a place where you can grow your business and reach new heights. It's a place where you can make a difference and create a better future for yourself and for the world.

Let us help you achieve your business goals. We have the expertise and resources to help you succeed. Contact us today and let us show you how we can help you grow your business and reach new heights.

Let us help you achieve your business goals. We have the expertise and resources to help you succeed. Contact us today and let us show you how we can help you grow your business and reach new heights.

Let us help you achieve your business goals. We have the expertise and resources to help you succeed. Contact us today and let us show you how we can help you grow your business and reach new heights.

Let us help you achieve your business goals. We have the expertise and resources to help you succeed. Contact us today and let us show you how we can help you grow your business and reach new heights.



MVP, Lopezes face suit over Meralco deal

GSIS says pact 'shortchanged investing public'

By Steve L. Lee

THE GOVERNMENT SERVICE INSURANCE SYSTEM yesterday accused businessman Manuel V. Pangilinan of shortchanging Manila Electric Co.'s shareholders by skirting the tender offer rule after making a deal that effectively increased the PLDT group's stake in the country's largest power utility.

In an interview, GSIS president and general manager Wilfredo Manzano said the scheme by which Pangilinan gained control over a small but crucial stake in Meralco "was far more aimed at an attempt to defraud the investing public."

He said the tender process itself would go to court to compel Pangilinan and his Meralco stakeholder, PLDT, to buy out the GSIS-owned 4 percent stake in Meralco.

"That's a clear case of large-scale fraud," Manzano claimed of last week's deal where PLDT acquired the Lopezes' 10.5 percent stake in Meralco for P13.340, less than its exchange for control—less than one-tenth of a 6.7 percent stake in Meralco. "This is white-collar crime."

Since then, PLDT and Meralco stockholders lost 7 percent of Meralco's stock price. On the other hand, the Lopezes would have lost the group above the 33 percent stake they already held.

Under the law, investors who acquire at least 10 percent of any firm must either bring on the rest of that company's shareholders under the same terms of their most recent purchase or put them above the threshold.

Manzano said the deal was "a clear case of large-scale fraud" and that the Lopezes "were far more aimed at an attempt to defraud the investing public."

BSP 80



Stocks and lower
BANK PHILCORP CLOSED 0.04 percent lower yesterday as investors took profits from sharp gains following the recent release of top power utility Meralco's financials.

The composite index gained 15.18 points to 1,044.00, while the all-shares index added 17.20 points to 9,088.71.

Top gainers were heavy with 5.83 billion shares worth P2.18 billion changing hands. They were: Meralco, 0.1 percent; and all others added unchanged.

The price traded at 42.84 in the dollar.

BSP 80

Auto sales up 1.3% in first 10 months

By Atty. G. M.

AMONGST THE MONTAGE of September, total vehicle sales rose 1.3 percent in the first 10 months, bringing the industry closer to reaching the 120,000 unit sales target for the year.

According to Association

of the Philippine Automobile Manufacturers of the Philippines Inc. and the Truck Manufacturers Association, total vehicle sales as of end-October for trucks reached 105,146 units as against 104,727 units in the same period last year.

From the same month last year,

sales in October rose up 20.1 percent to 14,754 units compared with the same month last year and higher by 12.7 percent from the previous month.

Among passenger vehicles,

sales in October rose up 20.1 percent to 14,754 units compared with the same month last year and higher by 12.7 percent from the previous month.

Among passenger vehicles,

Grow your market within ASEAN & across Asia!

For more information, contact:
STOC
Tel: 02-8861 6471
www.stoc.com.ph
Singapore Trade Board Philippines
(608) 511 0044 (608) 511 0044

Traditional Medicine EXPO 2009
EXHIBITION AND CONFERENCE

November 4 - 6, 2009, 11:00am - 7:00pm
1001 WIS, Sui-Hwa International Convention & Exhibition Centre, Singapore

EXHIBITION:

- More than 100 exhibitors from 7 countries/regions
- Integrate an regulatory systems and market trends

CONFERENCE PROGRAMME:

- Water-tight up to 11 sessions including government officials, TCM practitioners and business representatives
- Present business opportunities to venture into new markets
- A showcase of the latest developments in TCM

For more information or to register online, please visit www.stoc.com.ph

STOC, JTC, Singapore Trade Board, SPRING, and other logos are displayed at the bottom.

The new VIOS S
Sporty. Stylish. Sleek.

As for the progressive styling that commands the road, the VIOS S has a sleeker and bolder stance. Not only, perfectly suited for your business.

TOYOTA
moving forward

Inquire at your local Toyota dealer now. CUSTOMER ASSISTANCE CENTER (CALL) 019-0191 | www.toyota.com.ph

One2SL
Are the bigger players stamping on your business?

More than just a collection of tools, One2SL is a complete solution. It's a complete solution that helps you grow your business. It's a complete solution that helps you grow your business. It's a complete solution that helps you grow your business.

One2SL is a complete solution that helps you grow your business. It's a complete solution that helps you grow your business. It's a complete solution that helps you grow your business.

PLDT logo is at the bottom right.

Philex stocks surge on looming fight for control

Intra-day peak of P16 a share

By Dore C. Quinsin

THE SHARE PRICE OF PHILEX MINING Corp. shot up to a record high yesterday as investors sought a better bet among key shareholder groups of the country's largest and most profitable mining firm.

Helping a massive downturn, Philex posted another 16.7 percent year-to-date rise at P15.75 after hitting an intra-day peak of P16. It was the most active day of work at the local bourse, accounting for a fourth of the PSE-1000 value turnover.

The single-day share price spike mostly resulted from the 17.33 percent opening increase for the whole of last week.

The rally was spurred by talks that the state-owned government-owned insurance company had been stepping up shares of Philex stock last week. The group of former Trade Secretary Roberto Ongpin has also been buying more shares in the mining firm.

Last week, Ongpin's Goldstone Corp. announced the purchase of 50 million Philex shares, equivalent to about a 1 percent stake in the company at P15.75, worth a total of P787.5 million, before the purchase, it was not far rumored that Ongpin owned about 15 percent of Philex through various companies.

Philex Co. Ltd. of Hong Kong, which owns about 23 of Philex, is also keen on making Philex its main platform for mining in the Philip-

ppines. A key ruling vote in Philex is a 24 percent block owned by state-owned Euromoney Insurance Funded Security System (22 percent) and Development Bank of the Philippines (2 percent), which have made a joint to vote as a block, rank in its decision on buy-out offers.

But Miguel Cruz, president, Bureau of Personal Property and Real Estate, said he was considering to buy the shares held by the BIR in Philex.

Customized Business Solutions
(Database-driven)
Developer / Consultant
for various services to business

Payroll General Ledger
CONTACT: 02-4054 • 020-3399 • 433-1514
sales@forforward.com

"Inefficient employees will cost your company to lose money"

Payroll Pro Software
FOR UNLIMITED EMPLOYEES

FOR ONLY **P25,000**

FREE

Download at www.hacksoverseas.com

Amazing Deal

AVAIL OF OUR EARLY CHRISTMAS PROMO
PAYROLL PRO SOFTWARE FOR UNLIMITED EMPLOYEES

FOR ONLY **P25,000**

FREE

Download at www.hacksoverseas.com

"Ever forward, never backwards"

Francisco Pagalagan Jr.
- President, Pagalagan Group, Inc.

Be inspired. Visit www.hacksoverseas.com
Let us share his great achievement in celebration of his 103rd Birthday Anniversary.

Euromoney's "Best Insurer in the Philippines" continues to aim for excellence

After being cited as Euromoney's 2009 Best Insurer in the Philippines, it was "Business as usual" for Pioneer Insurance & Surety Corporation, one of the country's top non-life insurance companies. The "usual" though, for Pioneer Insurance is definitely out of the ordinary as the standard for the firm is to constantly aim for higher levels of excellence. Having also been cited by the magazine as Best Insurer for Innovation and Best for Claims Resolution, the firm has been challenged to not only maintain but surpass the expectations of its varied client base.

In the survey, conducted by the leading journal for international financial markets, 400 risk managers, insurers and chief financial officers were asked to rank the best insurers around the world. Pioneer Insurance topped the survey as Best Insurer for the Philippines, joining 56 other Best Insurer awardees from other countries. "In an increasingly challenging financial environment, the winners of the 2009 Euromoney Insurance Awards are those that exhibited the ability to innovate, respond to the increasingly complex demands of their clients, and make the most use of the inherent strengths of their organization. Through the insurance survey, the market has recognized the achievements of these institutions in the face of difficult market conditions, which is why the awards are so richly deserved," said Neil Osborn, publisher of Euromoney.

"Our clients have always expressed their appreciation for our ability to resolve claims and for the way we respond to their needs," states Pioneer Insurance President and CEO David Coyakot. "The Best Insurer citation is an assurance that we are serving our clients well." He likewise sees the recognition as a reminder, "to be constantly aware of how we can serve our clients even better in a challenging environment."

Pioneer Insurance has been serving the Filipino for over half a century. This experience, coupled with the drive to be consistently among the top five non-life insurers in the country, makes Pioneer a respected name in the industry. With Euromoney naming it "Best Insurer in the Philippines 2009", the Pioneer team proudly looks ahead and looks forward to being the industry benchmark for excellence, year after year.

59

es insurers or i e

1

es insurer in t e i i nes

Pioneer Insurance

More than 400 risk managers, insurers and chief financial officers from top companies in 59 countries ranked the world's best insurers and brokers for the 2009 Euromoney Insurance survey in the Philippines. Pioneer Insurance & Surety Corporation was selected as Best Insurer for 2009, and as Best in Innovation and Claims Resolution.

EUROMONEY
Insurance
2009

The leading journal to international financial markets

BUSINESS

Stick to dollar, RP urges other nations

BSP says no to use of SDRs as main reserve currency

By Michael V. Roman

PHILIPPINE MONETARY authorities are urging emerging economies to keep the US dollar as their main reserve currency, despite its recent depreciation against other currencies.

The Bangkok-based UNCTAD is opposing the proposal of China to replace the US dollar as the main reserve currency of the world's central banks.

Governor Neri E. Espinoza of the People's Bank of China (PBC) suggested that the US dollar be replaced by special drawing rights (SDRs), the currency used in connection with the International Monetary Fund.

He said that the use of SDRs as the main reserve currency is not feasible as the reserves, in and of themselves, would cause depreciation in the global market and raise the value of the dollar.

"While the status of the US dollar as an international asset of value has deteriorated, it has retained its international value as a currency of account and medium of exchange," BSP said in its latest monthly statement.

According to the BSP, the gross international reserves (GIR) of countries in Asia, including the Philippines, are still mostly denominated in US dollars.

As of mid-June, the Philippines' GIR stood at \$127.6 billion, 77.9 percent of which were denominated in US dollars.

China's GIR stood at \$200 billion, 82.9 percent of which were denominated in US dollars. The GIR of the United States, however, is denominated in dollars, 100 percent of which are in US dollars.

Manila Water posts 14% net income growth

By Rita T. Ochoaides

MANILA WATER CO., INC. booked a 14.9 percent increase in its net income for the first nine months of 2006 at P27.6 million, according to its latest earnings report.

In a report, the Manila-based company said it had posted a 14.9 percent increase in net income to P27.6 million for the first nine months of 2006, up from P24.0 million for the same period last year.

The company added \$400 million in new capacity to its network from a year ago, as of and of 2006, Manila Water's customer base reached 2.1 million, up from 1.9 million in 2005.

There was a 14.9 percent increase in net income to P27.6 million for the first nine months of 2006, up from P24.0 million for the same period last year.

The completion of some of its expansion projects helped to sustain the growing demand as well as the rising water rates.

Manila Water is a public utility company that provides water supply services to the Metro Manila area.

THE BANGKOK THAI BANK IS ANOTHER bank project of RM, the US-Mexico International Business Machines Corp.

Based on reports abroad, the newly discussed phase of RM is member group, which is the London-based Bank of Montreal.

I just thought the news would make our own system, the Government Service Administration, but that was not the case.

Softbank Corp. of Japan and the GSE are now discussing the case, but the two cases excluded Philippine-related bank.

Softbank is a Japanese company of RM, and Softbank is not without a stake in the global business scene.

After all, Softbank is the largest part of central London, located right beside the 5-mile stretch of the River Thames.

It is also the site of the London Bridge. Also, the site of the London Bridge.

According to Softbank, it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

BREAKTIME

Contrado E. Nolasco III

What is the last 10 years that the BSP already had trouble with, the BSP even more so than it had in the past.

The BSP had a public bidding for the project, which was won by Quantum Corp. and SAP AG (Germany).

When the BSP system, that was originally "managed" by the BSP, was "re-engineered" by the BSP, it was "re-engineered" by the BSP.

At least the BSP is not alone in its software industry. But Softbank and the GSE are running after the same software industry for damages and refund.

Based on its financial statements, RM revenue reached more than \$200 million last year. Its net income amounted to more than \$10 million.

THE BANGKOK THAI BANK is another bank project of RM, the US-Mexico International Business Machines Corp.

Based on reports abroad, the newly discussed phase of RM is member group, which is the London-based Bank of Montreal.

I just thought the news would make our own system, the Government Service Administration, but that was not the case.

Softbank Corp. of Japan and the GSE are now discussing the case, but the two cases excluded Philippine-related bank.

Softbank is a Japanese company of RM, and Softbank is not without a stake in the global business scene.

After all, Softbank is the largest part of central London, located right beside the 5-mile stretch of the River Thames.

It is also the site of the London Bridge. Also, the site of the London Bridge.

According to Softbank, it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

It is in effect, and it is a software system that was designed to integrate the two systems into one system.

91-day T-bill yield down 2.5 bps

By Ronald W. Dominguez

THE YIELD ON THE 91-DAY TREASURY BILL TODAY fell 2.5 basis points to an average of 3.85 percent as investors bought the 91-day bill.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

The interest on the 91-day bill also went down by 2.5 basis points while that on the 360-day bill went up by 1.5 basis points.

LIFESTYLE *Wellness*

Editor: Theresa Marie San Juan

Mobile Email Text: 800-302-7777 or 442

Website: www.inquirer.lifestyle.ph

E-mail: lifestyle@inquirer.com.ph



Ondulwood
Lifestyle
827 7000 / 810 0000
1000 Avenue
Cebu, Cebu City, Philippines

Shakey's
ANGUS STEAKHOUSE & PIZZERIA
The CHAMPION meat

PREMIUM ANGUS BEEF

DELIVERY HOTLINE

77-777If it's late, it's **FREE!**

A RUNNER'S ROAD TO RECOVERY

How calcium and Vitamin D help heal my stress fracture



JCT Route

www.inquirer.com.ph

By Joy Rojas
Contributor

WASHINGTON—WHEN WASHINGTON University's Christopher Bruce, 34, was diagnosed with a stress fracture in my left pelvis last August, his priority was to get back to work. "Six weeks of rest, 1,200 mg calcium and 600 IU Vitamin D," he said.

L. Sanchez, wanted something even simpler, like a magic pill or shot that would heal my fracture crack in a snap. Running across America since Mother's Day, I was in it. Local, Midwest, ready to run to the finish line and the last finish of an amazing journey on my way to New York. But no magic pill or shot exists, and everybody pointed out how lucky I was that good old-fashioned vitamin and calcium were all it took to make me better.

Good to the bone

Besides promoting cardiovascular health, lowering cholesterol and blood sugar levels, and keeping you strong, running has been known to increase bone density. But too much too soon, thereby leaving your bones with little time to recover from the previous and repetitive impact incurred during exercise, and you paid the opposite result. Pioneers who pioneered running are more likely to suffer from lower bone density than their sedentary counterparts. Higher, more intense workouts decrease levels of estrogen, the hormone critical to bone health.

In addition to running heavily, generally, calcium strengthens bones and teeth and is abundant in such foods as milk, cheese, tofu, leafy green vegetables, calcium-fortified orange juice and full-fat soy milk. The recommended daily allowance of this vital mineral depends on age, gender, age and whether you are pregnant or lactating. For the average, the RDA of calcium for adults is anywhere from 1,000 to 1,200 mg. Taking in more than the acceptable amount of calcium from your diet alone may not be the best idea. Excess calcium can lead to kidney stones, as it can lead to the absorption of iron, zinc, magnesium and phosphorus.

Vitamin D works in tandem with calcium by ensuring optimum absorption. Many sources of vitamin D include exposure to sunlight, but vitamin D is also found in cod liver oil, dairy products, egg yolk, cereal, margarine, and salmon. NIH reports that 200 IU is the recommended daily allowance of Vitamin D for individuals up to 70 years of age. The dosage increases to over 600 IU for those who produce less Vitamin D naturally.

Experts from this site assure that one is unlikely to overdose on Vitamin D—unless he has Vitamin A, due to Vitamin A, has been linked to poor bone health and test failures among young women.

Immediate effects

I've not reached a lot of runners, but I've been surprised by the almost immediate effects of calcium and Vitamin D on my injury.

The day after my first lesson, I felt a...



Samsung Corby S3653



My Color, My Life.



Available in four colors.

Pop-up SNS / Full Touch UI / 2MP Camera

Fashion Jackets (2 additional) / Large 2.8" Screen
Music Player / Dictionary / Cartoon UI / Micro SD (up to 8GB)

Samsung Customer Contact Center

TOLL FREE 1-800-335SAMSUNG (7437) • 1-800-335SAMSUNG (English) • 1-800-335SAMSUNG (Bilingual) • 402 100 7777 (Mobile Phone Text)

Samsung Experience Shops located at: +G/F Bonwood 1 +G/F Digital Exchange Galleria +G/F Robinsons Eureka +G/F Cyberzone, SM City Manila
+G/F Eastwood Mall +G/F Robinsons Galleria +G/F Cyberzone, SM Megamall +G/F Northwing, SM Mall of Asia +G/F Cyberzone, SM Marikina
+G/F SM San Fernando, Pangasinan +G/F The Annex SM City North Ede +G/F Apple Center Cebu +G/F SM City Cebu +G/F Southwing SM City Davao
+G/F Lookout Mall, Cagayan De Oro +Graphic Media Store, Cagayan De Oro +G/F Samsun Mall Davao +G/F SM City Davao

A BIGGER, MORE EXCITING KULTURA FILIPINO AT SM MAKATI

There's a bigger and more exciting Kultura Filipino in store for shoppers as it re-launches its Makati branch in style.

Located at the Second Level of the SM Makati Avenue, the store has grown to 1,700 square meters more than double its original 827-square-meters, creating a more spacious area to highlight the uniquely Filipino home, fashion, gift, and souvenir items Kultura has become known for.

Celebrating homegrown creativity, ingenuity, and craftsmanship, this re-launched store puts the best of Filipino lifestyle and culture into the hands of its customers. It is a place where progressive designers have been known to combine local traditions with modern designs, resulting in unique artistic creations. And shoppers can look forward to new arrivals by Lokal, contemporary craftsmanship by Atila, House of Doremy, and Island D'Art and modern home accents and furniture by First and Modernco.

The new store also showcases new "uniquely" Filipino brands sourced from all over the country. There's already



A bigger, more exciting Kultura Filipino is now open at the Second Level of the SM Makati Avenue.

Local designers are already in the process of creating new designs and fabrics made with an eye for the local and global fashion markets.



Local designers are already in the process of creating new designs and fabrics made with an eye for the local and global fashion markets.



This is a Kultura Filipino store is located at the Second Level of the SM Makati Avenue. Other items are located in the 1st floor, The Block at SM City North-EDSA, the SM Mall of Asia, and SM City Cebu.



Recycled colored glass jar with woven basket and fabric liner.

Turquoise and green stone necklace with mother-of-pearl pendant.



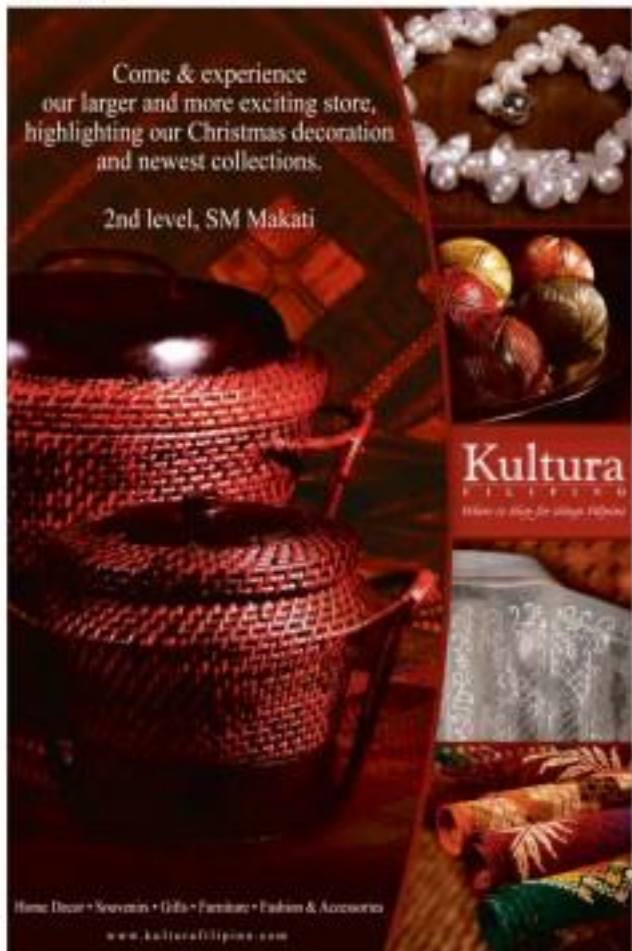
This all-over-printed handbag is made of leather with colorful beads and natural pine shells, while its unique metal handle is wrapped with silver cord and glass beads.



A blue reptile leather evening bag adorned with hand-painted peacock patterns, mixed mirror glass, agate stones, and red leather cords.

Come & experience our larger and more exciting store, highlighting our Christmas decoration and newest collections.

2nd level, SM Makati



Kultura

FIIPINO

Where it's all for unique Filipino

Home Decor • Souvenirs • Gifts • Furniture • Fashion & Accessories

www.kulturafilipino.com

GARYO By Dan Foy

A LIPIN By Dan Foy

PICARD RABBIT By Dan Foy

DICK TRACY By Dan Foy

LEONARD By Dan Foy

WES BOND By Dan Foy

DRIVE COMEDY By Dan Foy

MAST BLUES By Dan Foy

BLADON By Dan Foy

SEN By Dan Foy

ATONO AND WESLEY By Dan Foy

HOROSCOPE By Dan Foy

SEO MACHINE By Dan Foy

WELL ON EARTH By Dan Foy

CROSSWORD PUZZLE

Across:

1. A type of fruit (4)
2. A type of fruit (4)
3. A type of fruit (4)
4. A type of fruit (4)
5. A type of fruit (4)
6. A type of fruit (4)
7. A type of fruit (4)
8. A type of fruit (4)
9. A type of fruit (4)
10. A type of fruit (4)
11. A type of fruit (4)
12. A type of fruit (4)
13. A type of fruit (4)
14. A type of fruit (4)
15. A type of fruit (4)
16. A type of fruit (4)
17. A type of fruit (4)
18. A type of fruit (4)
19. A type of fruit (4)
20. A type of fruit (4)
21. A type of fruit (4)
22. A type of fruit (4)
23. A type of fruit (4)
24. A type of fruit (4)
25. A type of fruit (4)
26. A type of fruit (4)
27. A type of fruit (4)
28. A type of fruit (4)
29. A type of fruit (4)
30. A type of fruit (4)
31. A type of fruit (4)
32. A type of fruit (4)
33. A type of fruit (4)
34. A type of fruit (4)
35. A type of fruit (4)
36. A type of fruit (4)
37. A type of fruit (4)
38. A type of fruit (4)
39. A type of fruit (4)
40. A type of fruit (4)
41. A type of fruit (4)
42. A type of fruit (4)
43. A type of fruit (4)
44. A type of fruit (4)
45. A type of fruit (4)
46. A type of fruit (4)
47. A type of fruit (4)
48. A type of fruit (4)
49. A type of fruit (4)
50. A type of fruit (4)
51. A type of fruit (4)
52. A type of fruit (4)
53. A type of fruit (4)
54. A type of fruit (4)
55. A type of fruit (4)
56. A type of fruit (4)
57. A type of fruit (4)
58. A type of fruit (4)
59. A type of fruit (4)
60. A type of fruit (4)
61. A type of fruit (4)
62. A type of fruit (4)
63. A type of fruit (4)
64. A type of fruit (4)
65. A type of fruit (4)
66. A type of fruit (4)
67. A type of fruit (4)
68. A type of fruit (4)
69. A type of fruit (4)
70. A type of fruit (4)
71. A type of fruit (4)
72. A type of fruit (4)
73. A type of fruit (4)
74. A type of fruit (4)
75. A type of fruit (4)
76. A type of fruit (4)
77. A type of fruit (4)
78. A type of fruit (4)
79. A type of fruit (4)
80. A type of fruit (4)
81. A type of fruit (4)
82. A type of fruit (4)
83. A type of fruit (4)
84. A type of fruit (4)
85. A type of fruit (4)
86. A type of fruit (4)
87. A type of fruit (4)
88. A type of fruit (4)
89. A type of fruit (4)
90. A type of fruit (4)
91. A type of fruit (4)
92. A type of fruit (4)
93. A type of fruit (4)
94. A type of fruit (4)
95. A type of fruit (4)
96. A type of fruit (4)
97. A type of fruit (4)
98. A type of fruit (4)
99. A type of fruit (4)
100. A type of fruit (4)

Down:

1. A type of fruit (4)
2. A type of fruit (4)
3. A type of fruit (4)
4. A type of fruit (4)
5. A type of fruit (4)
6. A type of fruit (4)
7. A type of fruit (4)
8. A type of fruit (4)
9. A type of fruit (4)
10. A type of fruit (4)
11. A type of fruit (4)
12. A type of fruit (4)
13. A type of fruit (4)
14. A type of fruit (4)
15. A type of fruit (4)
16. A type of fruit (4)
17. A type of fruit (4)
18. A type of fruit (4)
19. A type of fruit (4)
20. A type of fruit (4)
21. A type of fruit (4)
22. A type of fruit (4)
23. A type of fruit (4)
24. A type of fruit (4)
25. A type of fruit (4)
26. A type of fruit (4)
27. A type of fruit (4)
28. A type of fruit (4)
29. A type of fruit (4)
30. A type of fruit (4)
31. A type of fruit (4)
32. A type of fruit (4)
33. A type of fruit (4)
34. A type of fruit (4)
35. A type of fruit (4)
36. A type of fruit (4)
37. A type of fruit (4)
38. A type of fruit (4)
39. A type of fruit (4)
40. A type of fruit (4)
41. A type of fruit (4)
42. A type of fruit (4)
43. A type of fruit (4)
44. A type of fruit (4)
45. A type of fruit (4)
46. A type of fruit (4)
47. A type of fruit (4)
48. A type of fruit (4)
49. A type of fruit (4)
50. A type of fruit (4)
51. A type of fruit (4)
52. A type of fruit (4)
53. A type of fruit (4)
54. A type of fruit (4)
55. A type of fruit (4)
56. A type of fruit (4)
57. A type of fruit (4)
58. A type of fruit (4)
59. A type of fruit (4)
60. A type of fruit (4)
61. A type of fruit (4)
62. A type of fruit (4)
63. A type of fruit (4)
64. A type of fruit (4)
65. A type of fruit (4)
66. A type of fruit (4)
67. A type of fruit (4)
68. A type of fruit (4)
69. A type of fruit (4)
70. A type of fruit (4)
71. A type of fruit (4)
72. A type of fruit (4)
73. A type of fruit (4)
74. A type of fruit (4)
75. A type of fruit (4)
76. A type of fruit (4)
77. A type of fruit (4)
78. A type of fruit (4)
79. A type of fruit (4)
80. A type of fruit (4)
81. A type of fruit (4)
82. A type of fruit (4)
83. A type of fruit (4)
84. A type of fruit (4)
85. A type of fruit (4)
86. A type of fruit (4)
87. A type of fruit (4)
88. A type of fruit (4)
89. A type of fruit (4)
90. A type of fruit (4)
91. A type of fruit (4)
92. A type of fruit (4)
93. A type of fruit (4)
94. A type of fruit (4)
95. A type of fruit (4)
96. A type of fruit (4)
97. A type of fruit (4)
98. A type of fruit (4)
99. A type of fruit (4)
100. A type of fruit (4)

CONCEPTS SU BOKU

Concepts Su Boku

How to Play Su Boku

Answer to previous puzzle

Top takes
overall slot

Box office for the week of Nov. 16, based on current data's availability

Weekend, Sony Music's "The Songs of Jonico" (Nov. 16, 2009) is the only album to have a top 10 slot.

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

Weekend, Sony Music's "The Songs of Jonico" (Nov. 16, 2009) is the only album to have a top 10 slot.

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

The album topped the charts in the following: Christian (Nov. 16, 2009), Contemporary Christian (Nov. 16, 2009), and Christian (Nov. 16, 2009).

POWER PLANT
CINEMA

JANIS JOPLIN 11:30, 1:30, 3:30, 5:30, 7:30, 9:30	ALL ABOUT EVE 11:30, 1:30, 3:30, 5:30, 7:30, 9:30	THE JUNGLE BOOK 11:30, 1:30, 3:30, 5:30, 7:30, 9:30
--	---	---

MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

EASTWOOD CINEMAS

THE JUNGLE BOOK 11:30, 1:30, 3:30, 5:30, 7:30, 9:30	ALL ABOUT EVE 11:30, 1:30, 3:30, 5:30, 7:30, 9:30	THE JUNGLE BOOK 11:30, 1:30, 3:30, 5:30, 7:30, 9:30
---	---	---

MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

GREENHILLS CINEMAS
THEATRE-MALL

THE JUNGLE BOOK 11:30, 1:30, 3:30, 5:30, 7:30, 9:30	ALL ABOUT EVE 11:30, 1:30, 3:30, 5:30, 7:30, 9:30	THE JUNGLE BOOK 11:30, 1:30, 3:30, 5:30, 7:30, 9:30
---	---	---

MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

M M T A MOVIE GUIDE
MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

Walter Mart

THE JUNGLE BOOK 11:30, 1:30, 3:30, 5:30, 7:30, 9:30	ALL ABOUT EVE 11:30, 1:30, 3:30, 5:30, 7:30, 9:30	THE JUNGLE BOOK 11:30, 1:30, 3:30, 5:30, 7:30, 9:30
---	---	---

MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

SM CINEMA

PACQUIAO vs. COTTO

BIG DEAL PROMO!

BUY YOUR TICKETS NOW!

WE ARE ONE OF THE LUCKY THEATERS TO

OFFER YOU THE BEST DEALS ON

THESE TICKETS:

1. **PREMIER SEATING**
2. **PREMIER SEATING**
3. **PREMIER SEATING**

MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

metro movie

IMAX

THE JUNGLE BOOK
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

ALL ABOUT EVE
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

THE JUNGLE BOOK
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

THE JUNGLE BOOK
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

ALL ABOUT EVE
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

THE JUNGLE BOOK
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

THE JUNGLE BOOK
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

ALL ABOUT EVE
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

THE JUNGLE BOOK
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

WICAYAS • MINDANAO

THE JUNGLE BOOK
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

ALL ABOUT EVE
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

THE JUNGLE BOOK
11:30, 1:30, 3:30, 5:30, 7:30, 9:30

MOVIES SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

ALL MAJOR CREDIT CARDS NOW ACCEPTED IN ALL SM CINEMA BRANDS

